

Every Member Counts

SOUTH DAKOTA NATIONAL GUARD



October Family Focus

Mission: Service Member & Family Support enhances and empowers the lives of our customers with consistently exceptional service & support.

Service Member and Family Support

Phone: 1-800-658-3930

THE FOCUS IS FOR SERVICE MEMBERS & FAMILIES, VETERANS, RETIREES & SURVIVORS

IN THIS ISSUE

Understanding Your Child's Developmental Stage

Children change quickly. It can feel like you blinked and your sleeping infant turned into an independent 3-year-old. Turn around and suddenly that 3-year-old is off to high school.

Each phase of a child's life comes with different joys and challenges. Learning about your child's developmental stage is one way to become an even better parent. From keeping up with milestones, to ensuring that your discipline strategy is age-appropriate, to making sure your child is safe at home, understanding child development is a big part of helping your child grow and learn.

Many parents look forward to the first time their child will smile at them, take a step or say "mama" or "dada." These moments are often more than memories in the making. Some early skills such as rolling over, walking, waving and saying a few words are developmental milestones, touch points that you can use to ensure your

child is advancing physically, mentally and emotionally.

However, keeping track of your child's major milestones, especially early developmental skills, can ensure that if your child does require additional help, they can get the early intervention support they need. Understanding your child's different development stages makes you a more tuned-in and effective parent.

Your first job as a parent is to keep your child safe. That means more than putting covers on electrical outlets. From car seats to safe sleeping arrangements to climbing hazards, there's a lot to think about. And as children grow, what they need to be safe changes drastically.

If you have questions check out the [New Parenting Support Program](#) or reach out to [Military OneSource](#) at 1-800-342-9647.



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MFLC
Military & Family Life Counseling Program

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Service Member & Family Support
Proudly Presents:

4th Annual Trunk or Treat

Saturday, October 28th

2:00 pm - 4:00 pm

Camp Rapid Duke Corning Armory (West Parking Lot)



Please join us for a fun afternoon! Trunk or treating - games & resources available!
Trunk-or-Treat is as an outreach opportunity for families of the SD National Guard.
Youth go from vehicle to vehicle to "trunk or treat" while adults have the opportunity to socialize/network and learn about resources available to them and their family.

PUMPKIN DECORATING CONTEST



Bring your carved
or decorated
pumpkins for
everyone to see!

COSTUME CONTEST

Best Costume . Adult . Youth . Group

VEHICLE CONTEST

. 1st . 2nd . 3rd . 4th

TRUNKER'S REGISTRATION

TRUNKERS MUST PRE-REGISTER

Name(s) - POC

Unit/Program

Phone

Email Address

Theme

Signature

FREE PHOTO OPS

CONTEST WINNERS

Will receive a Certificate & Bragging Rights!

- ☐ INDIVIDUAL VEHICLE
- ☐ TEAM VEHICLE
- ☐ UNIT VEHICLE
- ☐ FRG VEHICLE
- ☐ RESOURCE PROVIDER VEHICLE
- ☐ YES, please supply a table for my vehicle.
- ☐ VOLUNTEER to assist as needed at event

TRUNKERS and Volunteers -
Please register no later than 5pm
17 Oct 2017

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Trunker Details (Vehicle Owners)

- ♦ Event will be held from 2pm-4pm on October 28th.
- ♦ Vehicle set up will begin at 12 pm (or sooner if requested).
- ♦ NO vehicle traffic will be allowed in the secured event area (northwest parking lot) after 1:30 pm.
- ♦ For safety, you will **NOT** be allowed to move your vehicle from the event area until 5 pm (or around that timeframe - please plan accordingly).
- ♦ If you run out of goodies, we ask that you simply close your trunk.
- ♦ Trunkers will provide their own decorations and are welcome to bring candy or other goodies.
(Some goodies will be provided for trunkers to hand out to the treaters: Example - pencils, stickers, novelty toys, etc.)
- ♦ Decorated trunks must be appropriate for all ages. Theme examples: Sports, cartoons, movies, holidays
- ♦ BE CREATIVE and HAVE FUN!
- ♦ NO electrical support will be available for vehicle decorations.
- ♦ In the event of bad weather, the event will be held on the Duke Corning Armory Drill floor utilizing tables instead of trunks.

Parking lot attendant will direct you where to park

If Trunkers would like a table, please request one on the registration form

FREE event for Guard Families

Registration Deadline for Trunkers is *October 17th at 5 pm*

Please email or fax (605-737-6088) your registration form to:

Taryn Broomfield, SDNG Child & Youth Program, CTR: taryn.m.broomfield.ctr@mail.mil or
Wendi Albers, SDARNG Family Readiness Support Assistant, CTR: wendialbersfrsa@gmail.com

For those NOT registering a trunk, but still wanting to support the event, please contact us at: 605-737-6919

Volunteers Welcome!

Volunteer opportunities include set up, registration, parking lot attendant, costume/vehicle judge - the list goes on!

Decorating Details

- ♦ Most creative vehicle will be awarded (winner announced at 4 pm).
- ♦ Trunk or Treat location will be in the northwest parking lot of the Duke Corning Armory.
- ♦ Participants should be prepared for 100 kids – we have averaged that number in past years.

Pumpkin Decorating Contest Details

- ♦ Please register your pumpkin upon arrival.
- ♦ Winner will be announced at the end of the event.
- ♦ Please take your submission home with you for your Halloween festivities!

Costume Contest Details

- ♦ Register upon arrival.
- ♦ Winners will be announced around 4 pm.

Treater Details

- ♦ Show up at 2 pm and have fun!





Join us for a
Halloween Family
Move Night

Halloween Costumes are
encouraged



84 Ernie Edwards Readiness Center Theater

Friday, October 20th 2017

Showtime is 6:30 pm

Popcorn and Halloween Candy

will be provided



Webinar:

Blended Retirement System

**Understanding the new Uniformed Services
Blended Retirement System**

THE UNIFORMED SERVICES

**BLENDED
RETIREMENT
SYSTEM**



- Eligibility
- Opt-in
- Questions and Answers
- Resources Available

Copy link to join.

<https://beaconhealthoptions.webex.com/join/mnei>

or call

1-877-668-4493 Access Code: 648 927 694

**When: 10/17, 10/24,
11/7, 11/14, 11/21,
11/28, 12/5
6:30 PM CST**

*Hosted by: Michael Nei
South Dakota Military
OneSource Contractor*

**MILITARY
ON^{ES}SOURCE**

*Presenter: Marlene Erickson
South Dakota National
Guard Personal Financial
Counselor*

Changes to Tricare

TRICARE is modernizing to better serve you and respond to changes in law and policy. Most provisions will go into effect on January 1, 2018, with full implementation occurring on January 1, 2019.

All enrollees: Costs for TRICARE benefits will be charged by Calendar Year (January - December) instead of Fiscal Year October 1 - September 30 (October - September).

Tricare will extend deductibles and catastrophic caps that usually reset on October 1 through the end of the calendar year.

Any enrollment fees you pay during this transition period will continue to count against the catastrophic cap until it resets on January 1, 2018. This means that if you reach your fiscal year 2017 catastrophic cap, you will not have additional out-of-pocket costs for authorized TRICARE-covered services for the last three months of calendar year 2017.

It is recommend that you visit the official Tricare Changes webpage at <https://tricare.mil/changes> and sign up for email or text updates by [clicking here](#).



Strong Bonds 2018



Strong Bonds is conducted in an offsite retreat format in order to maximize the training effect.

The retreat or "get away" provides a fun, safe, and secure environment in which to address the impact of relocations, deployments, and military lifestyle stressors.

Strong Bonds for Families

20-21 January 2018 – Rapid City

Strong Bonds for Couples

24-25 March 2018 – Sioux Falls

For additional Information contact
Chaplain (COL) Wilson at
605-737-6009 or
lynn.j.wilson.mil@mail.mil

Recognize Your Employer Today by Nominating Them for the Freedom Award



About the Freedom Award

The Secretary of Defense Employer Support Freedom Award is the highest recognition given by the U.S. Government to employers for their support of their employees who serve in the Guard and Reserve.

Nominations must come from a Guard or Reserve member who is employed by the organization they are nominating, or from a family member.

The award was created to publicly recognize employers who provide exceptional support to their Guard and Reserve employees. It is the highest in a series of employer recognition awards given by the Department of Defense.

Almost one-half of the U.S. military is comprised of the Guard and Reserve. The Department of Defense shares these citizen warriors with their civilian employers, many of whom provide significant support to their employees who serve in the Guard and Reserve. This award recognizes employers who provide the most outstanding support for their Guard and Reserve employees and is presented annually by the Secretary of Defense.

History of the Freedom Award

The Secretary of Defense Employer Support Freedom Award was instituted in 1996 under the auspices of Employer Support of the Guard and Reserve (ESGR). ESGR is a Department of Defense office established in 1972 whose mission is to gain and maintain employer support for Guard and Reserve service by advocating relevant initiatives, recognizing outstanding support, increasing awareness of applicable laws and resolving conflict between employers and service members.

Secretary of Defense William Perry authorized the first award in 1996 and presented it to Schneider National, McDonnell Douglas, United Parcel Service Central Florida District, Tektronix, Inc. and National Life of Vermont. In the years since, a total of 220 employers have received this prestigious award. Today, up to 15 awards are presented each year to employers in three categories, large business, small business and the public sector.

The nomination process is open to all Guard and Reserve personnel or a family member acting on their behalf and applications are submitted online to ESGR. A national selection board comprised of senior Defense officials and business leaders select the award recipients. [Click here to nominate your employer.](#)

For more information about the Freedom Award or ESGR programs or ESGR volunteer opportunities, please contact Major Lona Christensen at lona.m.christensen.mil@mail.mil 605-737-6540 or visit www.ESGR.mil

Monthly Focus

Brookings Chamber Seeks Nominations for Outstanding Military Achievement Awards



The Brookings Chamber of Commerce Military & Veterans Affairs Committee is seeking nominations of personnel in the National Guard or Reserve, and Active Duty members of the ROTC and Recruiters who have been serving during the past year. The selected nominees will be recognized and receive an award during the annual Veterans Day ceremonies.

Four awards are to be presented as follows:

- Enlisted grades E-1 through E-4
- Non Commissioned Officers grades E-5 through E-9
- Officers and Warrant Officers
- Civilian advocates for the military or military families

Nominations are due by October 16, 2017. Please contact Nicole DeGroot at the Brookings Chamber of Commerce 692-6125 or info@brookingschamber.org or MAJ Rebecca Trygstad, the Military & Veterans

Affairs Committee Chairperson at rebecca.k.trygstad.mil@mail.mil for additional details and nomination requirements.

The purpose of the Brookings Chamber of Commerce Military & Veterans Affairs Committee is to promote a positive working relationship among the community, employers, and area veterans and military groups. The can be found online at: <http://www.brookingschamber.org/pages/MilitaryAffairs>

Child and Youth Program To Hear From You



We need you. To help us improve the programs and services available through the Child and Youth Program.

Please take a few minutes to complete the following survey:

<https://www.surveymonkey.com/r/BQMJMYX>

The responses we receive help us work to ensure programs, services, and resources support meet the unique needs of military-connected families.

★★★ SERGEANT COLTON LEVI DERR ★★★
FOUNDATION
Galantly Forward 2017 Gala

SAT
 OCT
 21ST

Tickets
 \$35
 Buy for veterans if
 you can't attend!

RUSHMORE
 PLAZA CIVIC
 CENTER
 LACROIX
 HALL

Doors at
 5 pm

SOCIAL ★ DINNER ★ LIVE MUSIC ★ SILENT & LIVE AUCTION
 GUEST SPEAKERS ★ BATTLE BUDDY AWARD

SGT Derr battled with Post Traumatic Stress Disorder (PTSD)
 following his combat tours in Iraq and Afghanistan.
 We honor Colton by helping his fellow veterans.

The battle does not end when the war is over.

Get your ticket TO
 SUPPORT our heroes ★ Call OR Go Online 605.545.2505
 SERGEANTDERRFOUNDATION.ORG

Dear Patriots:

You are invited to the annual Gala in support of our Veterans on Saturday, 21 October 2017. This Gala event helps raise awareness about the issues facing our warriors: Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), veteran suicide, homelessness, multiple deployments and the effects they can have on our veterans and their families. Veterans from the Black Hills area will be in attendance and your presence and community support will be met with much respect.

The Gala will feature a social hour, dinner, guest speakers, a silent/live auction and live music by The Starfellows (Jordan Neeb & Cody Neeb). A business evening attire is recommended but not required.

Event Info:

21 October 2017
 Rushmore Plaza Civic Center -
 LaCroix Hall
 Rapid City, SD. Doors will open
 at 5:00 p.m. with event
 ceremonies kicking off at 5:45
 p.m. Tickets are \$35 and must
 be purchased in advance.

Call for tickets: 605.545.2505 or
 go to: <https://sergeant-colton-levi-derr-foundation.ticketleap.com/gallantly-forward-gala/dates/Oct->

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REGISTRATION NOW OPEN FOR NAMI HOMEFRONT ONLINE CLASSES

NAMI Homefront is a free, six-session class for family, friends and significant others of Military Service Members and Veterans. The class helps families comprehend what the Military Service Member/ Veteran is experiencing related to trauma, combat stress, civilian life, PTSD and other mental health conditions. Topics covered include mental health, communication, handling crises, treatment and recovery.

The program is designed to help family members understand and support their Service Member/Veteran while maintaining their own well-being. NAMI Homefront leaders have personal experience with mental health conditions impacting their Service Member/ Veteran. The class is free but you are expected to attend all six sessions.

Now offered online! We understand that attending an in-person class can be difficult for busy individuals and families. We now offer NAMI Homefront Online. Online classes meet weekly in a virtual classroom, so participants experience the same level of interaction and learning as traditional in-person classes. You must have access to a laptop, PC or tablet with a stable internet connection to participate. Audio will be via telephone line, a headset is recommended.

USE THE FOLLOWING LINK TO REGISTER*:

<https://www.research.net/r/HomefrontOnlineRegistration>

**All participants are screened to ensure this class is appropriate for their needs.*



Participant Perspectives

NAMI Homefront is an adaptation of the evidence-based NAMI Family-to-Family Education Program, which has been taught in VA health facilities since the late 1990s. Graduates of NAMI Homefront say:

"It's the first step I have taken to get more involved personally with the VA. The first step I have taken to take care of me."

Mother of a Veteran

"I realized I saw signs and symptoms of PTSD but did not know how to handle my loved one – I know better how to handle situations."

Spouse of a Veteran

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community with mental health conditions and their loved ones.

Learn more about NAMI Homefront, and other NAMI programs, online at www.nami.org. If you have any questions or concerns, please email nameducation@nami.org or call 703-524-7600



I WANT YOU

ENROLL IN VA HEALTH CARE

Did you deploy in support of Operation Enduring Freedom/Iraqi Freedom/New Dawn?

Then your service may have earned your access to VA health care benefits.
In order to take advantage of these benefits, you need to enroll in VA's health care system.

Contact your Transition Assistance Advisor (TAA) today to get started!

Christian.m.johnson.ctr@mail.mil or 605-737-6669

Military Family Life Counselors (MFLC)

MANDI WOOLRIDGE, MA, LPC

NGCampRapidSDSurge@magmflc.org (605) 390-4273

Camp Rapid, 2823 West Main, Rapid City, SD 57702

JFHQ Readiness Building, Service Member & Family Support

Available Tuesday - Friday, drill weekends and always by phone

until [DECEMBER 1, 2017.](#)

DEBRA JOHNSON, LPCMH

NGMitchellSDSurge@magmflc.org (605) 461-0055

Mitchell Armory, 5501 Airport Rd, Mitchell, SD, 57301

In armory on Tuesday - Friday, drill weekends and always by phone

until [NOVEMBER 18, 2017.](#)

MFLC frequently asked questions.

Q. Who are Military Family Life Counselors (MFLC)?

A. MFLC(s) possess a master's or doctorate degree in a mental health field and are licensed or certified in a SD to practice independently.

Q. Who is eligible for support?

A. Members of the SDNG and their families. Eligible individuals may receive up to 12 non-medical and financial counseling sessions per person, per issue.

Q. What types of issues can MFLC(s) address?

A. Military and family life counselors assist service members and their families with circumstances occurring across the military lifecycle and are aimed at enhancing operational and family readiness. MFLCs provide support to individuals, couples, families, and groups, for a range of issues including but not limited to: deployment stress, reintegration, relocation adjustment, separation, anger management, conflict resolution, parenting, parent/child communication, relationship/family issues, coping skills, homesickness, and grief and loss.

Q. What issues are not appropriate for non-medical counseling?

A. Non-medical counseling is not intended to address active suicidal or homicidal thought or intent or other threats of harm to self or others, Family Advocacy Program cases, sexual assault, child abuse/neglect, domestic violence, alcohol and substance abuse, mental health conditions that have required recurring in-patient hospitalizations, someone prescribed psychoactive medication, someone currently receiving therapy by another practitioner, fitness for duty evaluations and court ordered counseling.

Q. When and where can I meet a MFLC?

A. MFLC(s) can meet at their work location identified in this flier or at a location you and the MFLC agree to. Their hours are flexible to meet during the work week, evenings and weekends. However, MFLC(s) are limited to a 50-mile travel radius.

Q. How do I schedule an appointment with a MFLC?

A. Contact the MFLC directly at the phone/email provided in this flier.

SDSU has designated their game on 11 November 2017 as the Military Appreciation Game for football.

Similar to previous years they are giving away two free tickets to each past or present service member with a valid form of military identification.

This could include but not limited to military ID, legion/VFW membership card, and dependent ID. They will also be displaying military pictures on their video board as they have in past years. If your unit or family support would like to supply a picture please upload the picture to the link listed below prior to 1 November.

Pictures can be uploaded to the SDSU dropbox account by clicking [here](#). SDSU will resize them as they come in so you don't need to have a specific size of image.

If you have any questions or run into issues uploading photos please contact

MAJ Rebecca Trygstad
605-696-5401

— SAVE THE DATE —
November 11, 2017

VS.

MILITARY APPRECIATION DAY

Kick-Off - 2:00 p.m. | Dana J. Dykhouse Stadium

South Dakota State Athletics would like to invite all Military Personnel out for "Military Appreciation Day" as the Jackrabbits football team hosts Illinois State.

All Military Personnel will receive (2) complimentary tickets to the game (Pick-up tickets at Gate C (First Bank & Trust Entrance) the day of game)

For More Information: call 1.605.688.5422

★ ★ ★ ★ **HERO** ★ ★ ★ ★
APPRECIATION

OCT. 14TH, 2017

BHSU FOOTBALL GAME

ATTENTION HEROES

BHSU athletics would like to invite all military personnel, law enforcement, firefighters, and EMS personnel for "Hero's Appreciation" as the Yellow Jacket football team hosts Western State Colorado University at 12noon. All Military, Law Enforcement, Firefighter, and EMS personnel will receive (2) tickets for the game with ID.

Black Hills State University

Vet Center

Current Members of the National Guard, Veterans, and their families are invited to the Rapid City Vet Center's Annual Thanksgiving Feast!



Wednesday, November 22, 2017
from 11am until the food is gone

621 6th Street, Suite 101
Rapid City, SD 57701
(between St. Joseph and Kansas City Streets, next door to the United Way)

The Vet Center staff offers this free meal each year with gratitude to the men and women who have served our country. Happy Thanksgiving!

SAVE THE DATES

24-25 . MARCH . 2018

. YOU WON'T WANT TO MISS THIS .



THE SDNG STATE FAMILY & YOUTH SYMPOSIUM 2018

. SIOUX FALLS SD .

. ONE HOTEL LOCATION . HOLLYWOOD THEME . BLACK & WHITE DRESS .

. PHENOMENAL SPEAKERS & TRAINERS . FAMILY FUN TOGETHER .

. MORE INFORMATION TO FOLLOW .

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Did you know?

The **Transition Assistance Advisor (TAA) Program** serves Active and Reserve Component service members of **ALL** branches of the military **AND** Veterans who have dedicated themselves to serving our nation, often at great personal sacrifice. The program's principal role is to provide direction to Reserve Component service members so that they can secure all benefits, entitlements, and services earned through their military service with the compassion of someone who's been there.

You may not need assistance at this time, but you may have a friend or family member that could use some assistance.



Common services provided are:

- Requesting Military Service records
- Enrollment into the VA Healthcare
- Counseling on Education Benefits
- Supporting deploying and returning units
- Employment
- Tricare
- State specific benefits
- Navigating local, state and federal programs

I am a current service member in the SDARNG, an OEF-Afghanistan veteran, former full-time Soldier, education counselor and will put to use my skills and relationships to ensure your needs are met.

Contact your TAA today at 605-737-6669 or christian.m.johnson.ctr@mail.mil

October Family Focus

Service Member and Family Support
South Dakota National Guard

2823 W. Main St, Rapid City SD 57702

1-800-658-3930



We also recommend that you like and follow us on [Facebook](#) as we continuously update new and exciting information.

Have suggestions of thing you would like to see in a future issue of the focus? Please contact us!

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